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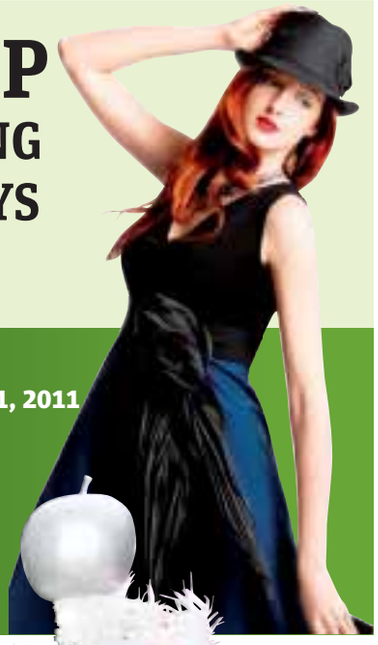
STILL FIGHTING
AIDS IS STILL HERE AND IT'S STILL A PROBLEM {page 5}

DRESS IT UP
RING IN THE BLING FOR THE HOLIDAYS
STYLE {page 13}



LONDON metro®
Thursday, December 1, 2011
www.metronews.ca
News worth sharing.

Silent. Auction

▶ Fanshawe College student Samantha Lucio, 21, shows off handmade ornaments that adorn a Starbucks-themed Christmas tree in the school's Siskind Gallery.

ANGELA MULLINS/METRO

A very merry tree party

The tree is one of 12 being auctioned to raise funds for Habitat for Humanity. Each has a theme based on a brand or company, with decorations crafted by interior-decorating students. More coverage, page 3.

Bullies, prepare to get served

Dalton McGuinty gets tough on bullying with Safe Schools Act ◐ Suggests working with other parties on issue

ANGELA MULLINS
@METRONEWS.CA

As anti-bullying legislation was rolled out yesterday at Queen's Park, officials in the Thames Valley school district were watching to see what impact it could have in local classrooms.

Barb Sonier, superintendent of Safe Schools in the district, said the action is definitely a positive on at least one front.

"I'm always encouraged when supporting students (comes) to the forefront," she said. "We'll have to look into the legislation in more detail, of course, and see how it will affect policies and procedures and guidelines."

ANGELA MULLINS/METRO FILE

▶ McGuinty

A key piece of Premier Dalton McGuinty's bill would give schools the power to permanently expel students for bullying. Saying he wants students to feel free to be who they are regardless of ethnicity, faith, culture, gender or sexual orientation, McGuinty aims to take the Safe Schools Act — which prohibits bullying — "up a notch" and give it force of law.

"We're stepping it up, and we're saying it can be the subject of expulsion, which is the most severe consequence that a school can impose," he said.

The premier also released a video titled It Gets Better. The film encourages students, teachers, parents and community members to do their part to help end bullying and intolerance.

In many ways, Thames Valley is ahead of the curve, Sonier said.

The district already considers expulsion in "very, very serious" cases of bullying, especially if it leads to violent behaviour, she said. Plus, officials recently formed an Anti-Bullying Task Force and have gotten the community involved in a "pledge" to end bullying.

Under McGuinty's legislation, students will have the right to set up gay-straight clubs in all public schools. Some Catholic schools have banned such alliances.

One-third

▶ **At least one in three** Ontario students reports having been bullied, Education Minister Laurel Broten says.

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Occupy cost taxpayers at least $80K, police say

The occupation lasted less than three weeks, but London taxpayers wound up paying at least $80,000 in police costs associated with Occupy London, Chief Brad Duncan said yesterday.

"There are two numbers. In terms of when we were involved in the clearing of the structures on the evening that we assisted bylaw enforcement, that total was just in excess of $26,000." Duncan said.

"Overall, during the course of the occupation of the park, based on the rates of our officers, when you look at all the officers that were involved with respect to that occupation, we're in excess of $80,000 that was expensed in terms of salary costs."

That figure does not include costs associated with operational planning and other meetings held by police with respect to the occupation of Victoria Park.

The City of London Parks and Recreations Department is still tallying costs associated with park cleanup after tents were removed. **AM980/AM980.CA**

ANGELA MULLINS/METRO

▶ Chief Brad Duncan

Cars. Covered

▶ Jacob Henry, a salesman at Leavens Volkswagen, brushes snow off a car on the dealer's lot as the flurries fly yesterday morning.

ANGELA MULLINS/METRO

Snow flakes fall in London

Wet snow started falling at the London International Airport about 6 a.m. and cleared by noon, according to Environment Canada reports. Clear skies are forecasted for the rest of the week, with a chance of rain or snow returning Sunday.

Christmas trees take on corporate look

Fanshawe College display and fundraiser encourage students to put design flair toward good cause People can bid on the trees for charity

ANGELA MULLINS
@METRONEWS.CA

"We're hoping for $1,000 this year. But if we can't get there, we'd like to at least make it to $800." FANSHAWE STUDENT SAMANTHA LUCIO

Question: Who in the world spends 20 hours decorating a miniature Christmas tree?

Answer: Budding interior designers with a keen attention to detail and a good cause under their belts.

"It's about placement, balance, so many other things," Fanshawe College interior design student Samantha Lucio said. "(It's) so much more than just putting ornaments on a tree."

Lucio, 21, and about two dozen of her classmates spent the past several weeks poring over minute details of trees on display in the Siskind Gallery.

Each of the 12 trees is themed around a brand or company and all decorations are handmade. Lucio's tree takes on a Rocky Mountain Chocolate-inspired Christmas with handmade treats dangling from the branches.

Other teams of students decided to take on companies like Apple — for which they made clear ornaments bearing the company's logo — or Starbucks — a tree that features a topper made of stir sticks and balls of coffee beans.

All proceeds from a silent auction go to Habitat for Humanity. Auctions in the past three years each brought in about $800.

1 news

Google executive chairman Eric Schmidt says Congress is taking the wrong approach to fighting online piracy. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

We'll always have Movember: MPs put aside partisan differences to model their charity moustaches. Video at metronews.ca/video

NEED EXTRA CASH FOR THE HOLIDAYS?
NEW INSTANT CASH FOR SILVER
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City gives shoppers a Christmas bonus

Parking free only at specially marked meters on certain downtown streets Freebie doesn't apply to lots throughout downtown core

ANGELA MULLINS
@METRONEWS.CA

Tuck away your change purse.

Free parking has returned to meters in the downtown core — a bit of an early Christmas gift for merchants and shoppers alike.

But, today's change-saving arrival comes with a few words to the wise from downtown London's Janette MacDonald.

"Just because we're giving you two-hours free parking doesn't mean you can ignore the laws of the land," she said, noting all other parking bylaws still apply during the 31-day freebie.

That means if parking is prohibited on a given street during certain hours, the rule still applies during the Christmas rush. And, you still can't park in front of fire hydrants, in no parking zones and just about every other place a logical person would consider off limits.

Aside from common sense, MacDonald is also asking for a bit of common courtesy.

"It's for clients, not merchants," MacDonald said, issuing a gentle reminder for business owners to steer clear of the free zones. "The whole point of this is turnover. It's to let the client get in, enjoy the free parking, do their shopping and then let the next person get in."

The city passed a resolution in 2009 waiving fees during December at thousands of meters. The policy gives merchants a leg-up on malls at a make or break time, MacDonald said.

"It's one of the times when we want the merchants to rake it in," she said. "This is when they make or break their year — at Christmastime."

As for year-round free parking, MacDonald isn't a proponent.

For one, she said, the city needs meter revenue to invest in downtown. Plus, fees aren't exactly keeping people away.

"We're busy, busy," MacDonald said. "We don't need to give (parking) away for free."

COURTESY OF DOWNTOWN LONDON

$155K
Estimated loss of meter revenue in December based on parking numbers crunched in 2009.
SOURCE: CITY OF LONDON

User-fee hikes win favour

ANGELA MULLINS/METRO

▶ Parking meter fees could see their first increase since 1995.

City councillors gave preliminary approval yesterday to increasing fees for everything from parking meters to swimming lessons.

The new schedule of proposed "user fees" will be presented to the full council for consideration on Tuesday.

Most of the changes are minor, with a few dollars — or in several cases one dollar — tacked on here and there. Some of the steepest hikes would be for renting city venues.

Ice and sports field rentals, for example, would increase two per cent.

On the parking side of things, drivers would pay an extra quarter — $1.50 — to buy an hour at meters.

The fee increases would take effect at various times next year. The increased meter fee would start in July and is expected to net $75,000.

Councillors also are expected to vote Tuesday on increased fines for parking offences. That change, approved in committee earlier this week, would bring the cost of an expired meter up to $25.

ANGELA MULLINS

Sarnia. Road

▶ Evelyn Willis, 63, sneaks a peek over the side of the new Sarnia Road Bridge yesterday a couple of hours before it officially opened to rush-hour traffic. For her, completion of the nearly eight-month, $11.5-million construction project marks the end of a longer daily commute.

ANGELA MULLINS/METRO

Bridge nearly complete

World AIDS Day vigil this evening

A World AIDS Day Vigil is planned today at Christ Church in London (138 Wellington St.).

A social hour starts at 7 p.m., followed by the vigil at 8 p.m.

Organized by the Regional HIV/AIDS Connection, the event is meant to honour people who have died from and those who are living with HIV-AIDS.

METRO

Puppy mill pups saved

Officials say 42 dogs have been rescued from a puppy mill in a community east of Woodstock.

The Ontario SPCA says they received an anonymous tip from a concerned citizen about the living conditions of dogs on a property in Creditville.

The dogs were found living in houses too small for them, tied to walls with very short leashes, left outside with no shelter.

All 42 dogs, including puppies, were taken to other kennels and veterinary hospitals.

THE CANADIAN PRESS

News in brief

City council changing it up

DAY SHIFT. Effective next week, London city council meetings will be moved to 5 p.m. on Tuesdays. The change is part of an overall shift in the council structure. Schedules for committee meetings also have been adjusted. An updated calendar is available by clicking on "city hall" and then "meetings" at london.ca.

METRO

Safer cycling talks on tap for today

BIKE SUMMIT. Upping the city's bicycle-friendly quotient will be front and centre today as officials gather at the London Convention Centre for a bicycle summit. The full-day of workshops and discussion, which are open to the public, starts at 9 a.m. Registration is $35. Visit sharetheroad.ca for details.

METRO

LONDON STYLE

SARAH FRANCIS
METRO LONDON

Sarah Francis' style column will appear in tomorrow's paper

AIDS was the major domestic public-health crisis of the '80s and '90s More recently, as medical research has provided longer and better lives to sufferers, the disease is no longer seen in this country as a certain death sentence Today, World AIDS Day, Metro takes stock of how far — and in what direction – we've come

HIV up among women, youth

World AIDS Day '11

Men may make up the largest group of new HIV infections in Canada, but recent findings point to new demographics whose infection rates are on the rise: youth and women.

Thirty per cent of females diagnosed with HIV are between the ages of 15-19, up 16 per cent from 1996, says a report by the Public Health Agency in Canada.

Since 1985, youth between the ages of 15-29 have accounted for 26.5 per cent of new HIV cases.

These numbers prompted the Canadian AIDS Society to launch a month-long awareness campaign, called Get Out And Do Something, which targets youth.

"It was designed for youth because we are seeing a complacency," said Monique Doolittle-Ramas, executive director of the Canadian AIDS Society.

"(Many youth) actually thought the (AIDS) treatment was a cure."

She said part of the problem is that the issue isn't in their face.

"You can't look at somebody and say, 'This person has HIV.' (But) it's in every community, every neighbourhood."

Doolittle-Ramas said many people don't realize that women represented 26 per cent of positive HIV tests in 2008.

Despite that, young girls are often schooled to use condoms to prevent pregancy and STIs but not necessarily HIV.

"We need to be comfortable having that discussion and I'm not sure we are," she said.

Andre Ceranto, a co-ordinator at AIDS Committee of Toronto (ACT), said some women are contracting the illness from their monogomous partners.

"Asking serious questions such as 'Have you been tested for HIV?' remains a taboo subject even in relationships," he said.

Dr. Even Wood, co-director of the Addiction and Urban Health Research Initiative at the B.C. Centre for Excellence in HIV/AIDS, says Canada's drug laws are fuelling an increase of HIV transmission among young women.

"(Jail) ... drives vulnerable groups to the margins of society, where HIV is more likely to spread," he said.

Doolittle-Ramas said she doesn't think Canadians realize that 65,000 people in this country are living with HIV-AIDS.

"It's a discussion we have to have," she said. "Unfortunately it does not lead in media stories any longer, so we have a big job to get the information out."

KENDRA WONG IN VANCOUVER

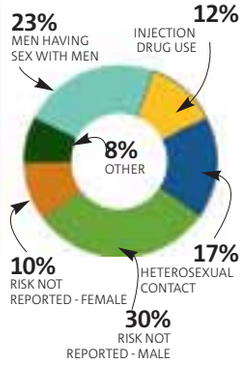
Distinction

HIV. Human immunodeficiency virus is transmitted through sexual fluids or blood. The virus affects the immune system and inhibits its ability to fight off infection. HIV can develop into AIDS within an average of ten years.

AIDS. Acquired immune deficiency syndrome is diagnosed when a person's white-blood-cell count drops below 200 (the average is between 600 and 1,200). The immune system becomes severely weakened and is no longer able to fight off infection.

Risk analysis

Among those who have tested positive for HIV in Canada, the following behaviours were reported:



In London

There's no doubt that concern has heightened in London when it comes to people younger than 30 contracting HIV-AIDS, said Brian Lester, executive director of the Regional HIV/AIDS Connection.

While the agency doesn't maintain caseload statistics based on age, Lester said people in the younger demographic aren't being given the tools they need to make informed choices.

"Youth aren't getting the prevention messages that we believe they should be getting to the extent they should be getting them in the format we believe they should be getting them," he said.

That's one of the reasons the Regional HIV/AIDS Connection operates Open Closet, a support group for LGBT youths aged 14 to 18.

The program helps create awareness within an at-risk population, Lester said. METRO

Your tweets

Are today's youth better or worse educated on HIV? Does online access influence that?

@SueNDN: not educated enough!! talked to a public health nurse who said 5 diagnoses were made in one wk w teens and hiv :(

SurviveNGrind courtney smith: @metrotoronto I find that the internet doesn't censor certain things and gives negative exposure to the youth, a lot of access to porn i.e

Does where people meet these days have any bearing on safe sex (stranger in a bar vs. a stranger online)?

@Clj1965 : @metrohalifax both a bad idea

@donnaleaelliott: @metrotoronto I think ppl think the internet dating scene is safe,some ppl talk for weeks b4 meeting in real life so they think it's safer.

What has changed with regard to HIV-AIDS in the last 20 years? Perceptions, prevention or other? Let us know what you think!

@Sarb28: Magic Johnson has the cure but he doesn't want to share.

@daphtpunk: @metrotoronto I think perceptions, prevention, and awareness.. remember Degrassi episode when scared to touch kid w/ HIV?

Giving pandemic a mainstream face

TORSTAR NEWS SERVICES FILE

1985: Death of Rock Hudson

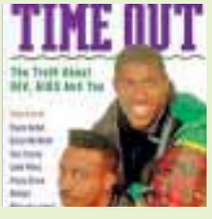
The '50s matinee idol's AIDS-related death in October 1985 was a seismic moment in the disease's history, prompting the public to rethink knee-jerk reactions that had characterized AIDS sufferers as deviants. Donations to research efforts flourished in the wake of the actor's death.

FRANK MICELOTTA/GETTY IMAGES

1991: Salt-N-Pepa "Let's Talk About Sex"/"Let's talk about AIDS"

S-n-P's mega-hit (and alternate version, which more directly addressed the pandemic) is a mark of AIDS' destigmatization in the mainstream. To the kids doing the running man to this track at middle-school dances, AIDS was everyone's problem, not just a gay problem.

IMDB.COM



1992: Magic's crusade

It would be hard to name an organization with more youth cachet circa 1991 than the NBA, and it would be even harder to name a man more widely loved than Magic Johnson. The HIV-positive superstar played on the Dream Team, stayed cool with Arsenio and has since proved that life after diagnosis can be long and rich.

REED SAXON/THE ASSOCIATED PRESS

1994: Tom Hanks wins Oscar for Philadelphia

Perhaps unsurprisingly, it took almost 15 years for Hollywood to provide its mass audience with a sympathetic portrait of a well-to-do white man with AIDS. It's also instructive to consider how resolutely this narrative — that of the AIDS sufferer's stoic reckoning with a death sentence — has been abandoned.

MELINDA SUE GORDON/SMPSP

2004: Team America: World Police

Cut to 10 years later: the South Park guys' score a hit with Everyone Has AIDS, a musical mockery of the solemnity of Rent, which debuted on Broadway in the mid-'90s. Back then, the song would have been seen as malicious; in the mid-aughts, tellingly, it was merely irreverent. METRO

To complete an online quiz and to read about the frontline battle in Peru against the killer disease, visit metronews.ca/AIDSday

For a full list of AIDS Day-related events across Canada, visit worldaids.ca

News in brief

Reserve loses control of cash

CRISIS. The federal government is taking control of public funding out of the hands of a Northern Ontario reserve grappling with a severe housing shortage.

Aboriginal Affairs Minister John Duncan says he's also ordering an audit to find out where $90 million in federal money spent in Attawapiskat has gone over the last five years.

THE CANADIAN PRESS

42 dogs freed at puppy mill

CITIZEN'S TIP. Officials say 42 dogs have been rescued from a puppy mill in a community east of Woodstock, Ont., after an anonymous tip.

The Ontario SPCA says dogs were found living in houses too small for them in Creditville.

Dogs were tied to walls with very short leashes or left outside with no shelter.

THE CANADIAN PRESS

Ribs burn, now teen is burned

FOOD'S UP. A Halifax teen was apparently in need of a hearty meal when he allegedly broke into a home early yesterday and fired up the grill.

Police say a Fairview resident awoke to flames near his garage.

He discovered the barbecue and burning ribs stolen from a freezer in his garage.

An 18-year-old was found hiding nearby. He faces charges including break-and-enter, theft, possession of stolen property and carrying a concealed weapon.

METRO

Was she a loving spy?

Were Tories asleep at the wheel? Ex-China spy says they erred over MP's relations with Chinese scribe

A defector from China's spy service has sent a security warning to Ottawa.

Li Fengzhi says the Conservatives should have been more concerned when one of their MPs was exposed having a relationship with a reporter for China's state news agency.

Li, a former agent with China's Ministry of State Security, says politicians such as Foreign Affairs parliamentary secretary Bob Dechert are a top target of Chinese spies.

Dechert's affair with Toronto-based Xinhua reporter Shi Rong was revealed when someone hijacked her e-mail account and forwarded intimate messages she received from the Mississauga politician last year. The leak was traced back to an apparent domestic dispute with her husband.

Li said it's not possible to say with certainty that Shi sent intelligence back to Beijing, but the act of striking up a relationship with an elected official fits the modus operandi of Chinese spies.

"That's the normal way to get the job done," said Li.

He defected to the U.S. in 2003 and is now believed to be working for the Central Intelligence Agency. He was speaking to a high-level Quebec conference on espionage through video link. For security reasons, his location was not disclosed.

TORSTAR NEWS SERVICE

/TORSTAR NEWS SERVICE

▶ Xinhua reporter Shi Rong received flirty emails from MP Bob Dechert.

Love and risks

- Despite his declarations of "love" for the reporter, the married Dechert said that their relationship was merely "flirtatious."
- Shi was called back to China when the relationship hit the news. And that is just another reason to be suspicious, Li Fengzhi said.
- "If the lady was called back to China very soon, I think it's possible she has some relationship with the security services — even if she's not an official agent of the Chinese security services," he said.

MOVEMENT
featuring artwork by
GREG BENZ &
ANDREW 'ANDYCAPP' HICKS
using the mediums of paint photography, paper, in a layered collage and mixed media presentation. join us on friday december 2nd at 7pm for the opening reception. on display until december 10th.

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Hockey. Toronto shrine

▶ A man on an escalator passes a sculpture of old Maple Leaf Gardens seats.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

In Aisle 25 ... memories

There are packages of history among the groceries. Toronto's former hockey shrine Maple Leaf Gardens reopened yesterday ... as a Loblaws grocery store. The store features many homages to hockey, including posters and murals, and a marker to the old Centre Ice in Aisle 25.

Bullied girl latest to take own life

A 15-year-old girl in Eastern Quebec has become the latest victim of school bullying.

Marjorie Raymond took her own life after being tormented in the schoolyard.

Raymond's mother, Chantal Larose, says her daughter left a suicide note saying she had been besieged for the last year and couldn't face another day in school.

In Quebec City, Premier Jean Charest called the girl's death a tragedy and says the government has programs in place to fight bullying.

However, he admits it's an ongoing struggle.

Bullying has been blamed for several recent suicides by teens in Canada and the U.S., including the son of an Ottawa city councillor.

Teens themselves have been fighting back by promoting awareness and have even got help at an Ontario school from pop megastar Lady Gaga, who is an outspoken advocate against bullying.

THE CANADIAN PRESS

Schools act for sexual minorities

Gender policy

- The new rules are expected to be ready by the end of the school year.

A policy aimed at protecting students and staff who are members of sexual minorities has been approved by the Edmonton Public School Board.

Board chairman Dave Colburn says it's a step toward eliminating bullying.

"It represents a further step forward toward ensuring the safety and well-being of sexual minority students, staff and families," Colburn said.

THE CANADIAN PRESS

Access to U.S. cash made easier for banks

Temporary dollar loans to be reduced by half a percentage point next Monday Stocks surged when announced

The Bank of Canada and five other central banks have launched a pre-emptive strike in an attempt to ward off a new global credit crunch and a possible new global recession.

The European Central Bank, the U.S. Federal Reserve, the Bank of England and the central banks of Canada, Japan and Switzerland said yesterday they will make it cheaper for banks to access U.S. dollars.

The measure to reduce costs and access to U.S. dollars — thereby boosting liquidity and loan activity — was meant as a signal to markets that policy-makers are prepared to intervene aggressively at the first sign of trouble, said analysts. But it does not resolve the issue of sovereign debt in Europe and the solvency of European banks with billions of euros in government bonds on their books, they added.

Finance Minister Jim Flaherty called the cooperation a "positive" indicator.

"One of the things that we see when there's a great deal of uncertainty is a tightening of credit and that has been a challenge particularly with respect to U.S. dollars and some of the European financial institutions. This is a step forward," he told reporters.

Flaherty reiterated that Europe is rich enough to help itself and should not relay on the International Monetary Fund, often called the bank of last resort for the poorest nations.

Analysts said European banks had been seeing their costs for acquiring funding in U.S. currency rise four-fold in recent months. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 471.67 (12,204.17)	+ 0.95¢ (98.01¢ US)

Oil	Natural gas	Gold
+ 57¢ US ($100.36 US)	$3.550 US (- 8.3¢)	$1,750.30 US (+ $31.40 US)

Bargain. Gifts

▶ An Associated Press reporter is shown demonstrating an app for shopping in front of an Old Navy store in San Francisco.

JEFF CHIU/THE ASSOCIATED PRESS

Smart giving with a smartphone

If you're trying to save cash and time this holiday season, a slew of new smartphone apps aimed at shoppers can help.

Export boost temporary: Analysts

Surging exports helped revive Canada's economy in the third quarter after an unexpected spring swoon that appears to have been attributable to temporary factors. The real gross domestic product expanded by a 3.5 per cent in the July-September period. The big lift came from exports, which grew 14 per cent during the quarter, contributing about five percentage points to overall GDP. THE CANADIAN PRESS

WinYourGifts.ca
Every day, from every Winners and HomeSense store, one lucky shopper could win back the value of their holiday purchase. December 1 to 24.
WINNERS
HOMESENSE
*(c) 2011 Winners. No Purchase Necessary. Dec 1/11- Dec 24/11. Internet access required. 6,504 prizes available to be won at the start of the contest (1 prize per store per day). Prize is cash or gift card in the amount of winning purchase from Winners/HomeSense ($500 max). Odds depend on number of entries received per store per day. Skill test required. For Official Contest Rules (including no purchase information) see www.winyourgifts.ca

'TIS THE SEASON TO SHOP TILL YOU (LITERALLY) DROP

HE SAYS ...

JOHN MAZEROLLE
METRO

Now that Santa Claus parades have passed, snow has fallen and stores have entered their seventh exciting week of Christmas music, I think it's safe to talk shopping.

Not that there's anything safe about it.

The starting gun for holiday shopping is "Black Friday," though few Americans would use something as feeble as a starting gun to get their hands on a discounted DVD player.

This calls for heavy weaponry. It's in the constitution.

Even without firepower, Americans bulk up with turkey on "Black Thursday" to prepare for various cannonball moves needed to get at merchandise on Black Friday, shop at smaller stores on "Black Friday Hangover" and then online on "Cyber Monday." Other important days include "Utensil Blowout Tuesday," "Paisley Wednesday" and "The Thursday of Regret."

Meanwhile, Canadians watch the pepper sprayings and shootings and stampedes and can only think one thing: We want in. Though there's an annual lament that North Americans have forgotten the true meaning of Christmas, I can assure you that holiday shopping has been crazy for at least my entire lifetime.

"And who could forget Tickle Me Elmo, whose announcement, "Heh, heh! That tickles!" was an interesting counterpoint to store clerks yelling, "Dear God! Get off my spine!"

First it was Cabbage Patch Dolls. Nothing evoked the spirit of the season quite like old women having fist-fights over ugly, fat-faced dolls.

Then there was Furby, a pricey doll that first spoke gibberish, but eventually learned English phrases like "A fool and his money are soon parted."

And who could forget Tickle Me Elmo, whose announcement "Heh, heh! That tickles!" was an interesting counterpoint to store clerks yelling, "Dear God! Get off my spine!"

It's never pretty, but what can be done? Well, I say this with utmost humility: Be more like me. If you shopped as I shop, we'd only need one shopping day. The entire continent would be done in minutes, actually. My goal during any shopping excursion is to treat the inside of the mall like it's Fukushima Daiichi — the less exposure the better. I'm a mission shopper.

RECORDING: Your mission, should you accept: We need a Chapters gift card, a backgammon set, and some sandalwood soap, whatever that is (women like it, we think). This MP3 player will self-destruct as soon as the warranty expires.

ME: I'll be in and out in 11 seconds.

With shopping complete, one can get back to the important things, such as enjoying the sights of the season, and repaying crippling shopping debts. And, because you skipped the violence, you'll have plenty of pepper spray next year for the repo man. Also, any store manager that decides to play Christmas music on Nov. 1.

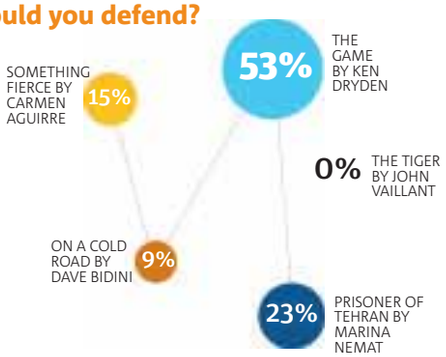
As we remember the true meaning of the season, let us spray.

Read more of John Mazerolle's columns at metronews.ca/hesays

Panel

Register at metropolitanpanel.ca and take the quick poll

Which book in Canada Reads contest would you defend?



Local tweets

- @natalietimperio: But I don't yet have winter boots AND I'm going to #ldnont this wkend uh ohhh
- @Amandaxxoo: Going to add to the madness. There's finally #snow in #ldnont !!! :)
- @normanjames: Inspired by the kids, people at Thames Valley Children's Centre. #ldnont
- @frada20: Guess this means that I need winter tires:(I love snow but not when I have to drive in it:(#snow #ldnont
- @AhmedEltawil: We tend to always fall in love with the first snow fall of the season. I just wish drivers would speed up a bit. #LDNOnt
- @kylemilec: I find out everything on twitter first. I even found out it snowed on twitter before I looked out the window to see for myself! #ldnont
- @hu_zainab: Romantic lights in bio lecture, cute #uwo
- @erikajakubowski: last day of movember = last day of sexy campus #UWO #Movember #iwillmissyou

RICHARD PETERS/REX FEATURES

Daily Zoom

Foxy snow dive

Cunning fox goes 'mousing'

WYOMING. Deep in the Lamar Valley of Yellowstone National Park, this red fox uses its large ears to listen out for a mouse before "snow-diving" to try and catch it.

Richard Peters had only a handful of seconds to snap this fox in motion, which had waited 20 minutes before launching its attack.

METRO WORLD NEWS

"In the end, the mouse was quicker. The fox came out with nothing in its mouth."
RICHARD PETERS, PHOTOGRAPHER

Wolves head for warmer climate

PHOTO TOUR. For the 33-year-old photographer from London, this fox snap was not what he had intended. As he explained to Metro: "I went there to photo-hunt wolves. But the harsh winter — with over two metres of snow and temperatures as low as - 39 C — forced the wolves to migrate to warmer places."

METRO WORLD NEWS

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Out of their comfort zone

Rock Lottery pits musicians against one another to raise money for the Forest City Gallery

BACKSTAGE PASS

AMANDA GRANT
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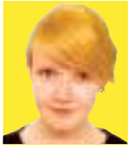

Take 25 musicians, divide them into five bands, and give them a day to write five songs to perform live that night. It sounds crazy, but that's the Rock Lottery.

On Saturday night, APK Live will host London's second annual Rock Lottery, a fundraising event for the Forest City Gallery.

Last year Bonnie Goodden and Sophie Quick teamed up to organize the event, which encourages teamwork and creativity. In one day, they raised more than $1,500 for the gallery.

"When we proposed it last year, I don't think the gallery knew what to expect," Quick says. "But I think there is just a lot more support from the arts community along with the music community this time around because of its success."

The appeal of the event is widespread. For participants, it's an opportunity to break out of a comfort zone and experience playing with different musicians, often in different genres of music. For audiences, it's a chance to support an important space in London's art community while listening to original music in a one-time-only performance.

DENICE BAKER/FOR METRO

▶ Rock Lottery will roll the dice again this year to help raise money for Forest City Gallery.

"It's a lot of fun because you have no idea what to expect," say Blair Whatmore, who participated in the event last year. "The thing I loved about it was everybody checked their ego at the door. When you have a limited amount of time you have to work together and create something good quickly which I really like."

The day takes its toll on musicians who arrive at 8 a.m. to have their names drawn for the bands. They then spend 11 hours writing music, showcasing their work that night to an excited crowd.

"We look for multi-disciplinary musicians that are heavily involved in the industry and the arts because it's a really demanding day," Goodden says.

"It's not just the musicians who are playing music in the city but the people who are teaching music, studying music, promoting music and recording. They are involved in creating and supporting a great music scene. So I guess it's almost an appreciation days for these artists as well," Quick says.

For most musicians and attendees of Rock Lottery, the excitement of the event comes from the unexpected.

"The best part was getting to APK with all the bands loading in and everybody was just so excited to chat and see each other," Whatmore says. "No one knew what anyone else was going to play and everyone was just as stoked to perform as to see every other group.

"It is a physically and mentally challenging and exhausting day. But then you perform and see what everyone else accomplished and it's all worth it."

Rock Lottery starts at 8 p.m. Tickets are $5.

2 scene

Kardashian

Reality TV star Kourtney Kardashian says she's expecting baby No. 2 with her boyfriend. The couple have a son, Mason, who is nearly 2 years old. The 32-year-old E! reality star tells Us Weekly that she's nine weeks pregnant.

THE ASSOCIATED PRESS

A very comic Christmas

A Russell Peters Christmas goes heavy on the corny factor while celebrating the season

When it comes to Christmas, Canada's comedy giant Russell Peters is a traditionalist at heart.

The stand-up superstar throws together an old-fashioned TV variety special this week featuring plenty of carols, mirth by the fire, wishes for Santa, and unabashedly cheesy skits involving his mother, Maureen, and baby girl, Crystianna.

"This is a real family affair, (including) Momma and baby. Did you see my daughter? How cute is she?" Peters gushed recently from the Toronto set, admitting he's taking every opportunity to show off his nearly year-old offspring.

"Even if she never wants to be in show business ever again at least I got footage to show her and go, 'Who didn't want to be in show business then?'"

Besides baby schmaltz, A Russell Peters Christmas features famous friends Michael Bublé, Pamela Anderson, Jon Lovitz, Scott Thompson, Faizon Love and The Love Boat's Ted Lange, as well as a bevy of lingerie models to help ring in the season.

Thompson says the mix of stand-up, sketch comedy, stop-motion animation and musical performances harkens back to holiday specials of yore.

"I think if a white guy did it, it would be like, 'Wow, this is too much of a throwback.' But with him it seems kind of hip," Thompson says of the show's Indo-Canadian host, who peppers the special with trademark jokes about race and culture.

"And I think people will go, 'Oh my God, so he's a Christian. I wasn't sure.'"

A Russell Peters Christmas airs tonight on CTV and repeats Dec. 10 on The Comedy Network.

THE CANADIAN PRESS

For breaking entertainment news, scan this code or visit metronews.ca/scene

AIDS awareness earns Alicia praise

Bono attends premiere of Keys' film about disease in Africa, says she has 'lioness energy'

CHARLES SYKES/THE ASSOCIATED PRESS

▶ Bono and Alicia Keys attend the premiere of the Showtime documentary Keep a Child Alive with Alicia Keys, in New York, on Tuesday.

Bono is afraid of Alicia Keys.

While Keys talked about being pregnant and empathetic when filming her documentary about AIDS in Africa, the U2 singer chimed in and said: "She's scary, isn't she? She's scary."

Bono went on to say that Keys has "lioness energy" and that her role as a new mother won't allow her to "let other mothers suffer."

He made the comments at the premiere of Keep a Child Alive with Alicia Keys, a documentary that followed a visit to South Africa during last year's World Cup with a pregnant Keys and five Americans. It airs on the cable television Showtime channel today, which is World AIDS Day.

Broadway

- Alicia Keys has composed music for the Broadway play Stick Fly, which debuts next week.
- When Bono —who along with the Edge wrote the music for Spider-Man: Turn off the Dark — was asked what advice he could give Keys, he said: "You know, it's an amazing American tradition, Broadway, and she can do anything she wants."

Bono said he met Keys when they recorded a cover of Marvin Gaye's What's Going On — with dozens of other musicians — in 2001.

"I was terrified the moment I met her. I was shaking in my boots," he said. "I was very moved by her singing of course, but what was interesting was the hard questions afterwards, and I think it's those hard questions that she asks that lead her."

Keys started her charity, Keep a Child Alive, in 2003. It assists those affected by HIV/AIDS in Africa and India.

She says she hopes the film reaches out to those who want to help, but can't make it to Africa.

"Even if you never have been able to travel there, or if you never can, that doesn't mean you can't travel with us and really see it for yourself," she said.

Bono says Keys has what it takes to make a difference in Africa, and around the world.

"Everyone's got heart, but actually you have to have the head for this," he said. "You have to be tough and strategic, you have to be demanding, (and) the money has to be spent well."

If the money isn't spent well, he said, people get annoyed, "and so all these things take a certain intellectual rigour."

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Spirit of the West inspired by orphan children in Swaziland

Canadian band releases charity single for those affected by AIDS

Vancouver folk-rock outfit Spirit of the West has released a charity single benefiting AIDS orphans in Swaziland, a song inspired by singer John Mann's repeat visits to the African country.

Bulembu is an organization that bought an abandoned mining town and reconstructed it into a safe haven for orphans, many of whom suffer from AIDS — Swaziland has the highest rate of HIV prevalence in the world, according to a United Nations report.

When Mann first visited the community in 2010, he was struck not only by the poverty he saw, but the spirit of the people. He began penning the hopeful track as soon as he boarded the airplane home.

"It's a very inspiring place," Mann said on the line from Vancouver in a recent telephone interview. "Our problems are nothing, they're absolutely nothing compared to what these people go through and many of these kids go through.

"The kids themselves are just, man, they absolutely break your heart."

The AIDS pandemic has crippled Swaziland, making it the only developing country in the world experiencing negative growth.

As a result, the United Nations has cautioned that the long-term survival of the Swazi people could be seriously threatened.

Mann was so profoundly affected by his first visit that he didn't wait long to go back.

180K

Swaziland is a country with a population of roughly 1.2 million people, but in which the UN estimates that 180,000 are living with HIV.

This past spring, he returned armed with portable recorders that he used to capture the Bulembu Children's Choir, adding their voices to his rousing song, which was released to iTunes on Tuesday.

"The song is a wonderful memory, but what really does it for me is hearing the kids sing," he said. "They're incredible, wonderful singers."

Mann says he hopes that beyond paying to download the track, listeners might be inspired to try to help out in Swaziland.

"Certainly, a large piece of my heart is there," Mann said.

Meanwhile, Mann says that he and Spirit of the West bandmate Geoffrey Kelly recently went on a "writing spree," and he's hoping that the band will get together in January to begin fleshing out the songs with the goal of releasing a new album.

THE CANADIAN PRESS

HANDOUT

▶ Musician John Mann poses with a child in Swaziland.

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Watch out Lohan, it's Love to the rescue

- Courtney Love offers her expertise in sobriety to Lindsay Lohan
- That's right, Kurt Cobain's widow is going to be a sobriety coach

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Well, if this doesn't spell the end for Lindsay Lohan, I don't know what does: Courtney Love, a woman once so wasted she was photographed having a stranger suck her bare nipple at a Wendy's, is apparently Lindsay Lohan's new sobriety coach.

Yes, in the new issue of Details, Love says she's taken on the role.

Love says she is using her past to show Lohan that she is making a mistake by using drugs. "I went up to Lindsay's room one time and there was a show on called '101 Celebrity Oops' and I am like every other one, you know — boobs out, legs everywhere, throwing s– at Madonna, you know, whatever," Kurt Cobain's widow told the magazine. "I'm like 'Lindsay, look! Drugs are bad!'"

Having Courtney Love as your sober coach makes about as much sense has having Chris Farley as your weight-loss guru.

ALL PHOTOS GETTY IMAGES

▶ Courtney Love

Celebrity tweets

@Joan_Rivers
Everyone is happy that Conrad Murray was sentenced to four years in prison, except for other inmates suffering from insomnia.

@MarthaStewart

twitter is not necessarily the place to worry about grammar,spelling and syntax- i just try to fit my thoughts into 140 characters or less..

@MatthewPerry

I'm on a train. Whatever.

@ConanOBrien

Not gonna say what I bought, but Amazon just reviewed my order and said, "You might also be interested in therapy."

Moore takes 'me time'

It turns out Demi Moore wasn't on hand for youngest daughter Tallulah's recent debutante ball in Paris because she stayed back in L.A. for some "me time." Moore, who recently filed for divorce from Ashton Kutcher, was spotted enjoying a dinner with close friend and florist Eric Butterbaugh at the Sunset Tower Hotel, according to Us Weekly.

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▶ Demi Moore

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ScarJo loves her some bad boys — sort of

Scarlett Johansson admits she has a thing for bad boys, so to speak.

"I'm attracted to the quality of being adventurous and perhaps a bit mischievous and also questioning authority and being proactive," Johansson, who recently dated Sean Penn, tells Cosmopolitan.

"If that makes up a quintessential bad boy, then whatever. I'm not at all attracted to meanness or bullying, but I do think conviction is attractive. I mean, really, who doesn't?"

One thing she doesn't find attractive, though, is over-sharing: "I don't have a Facebook or a Twitter account," she says.

"I don't know how I feel about this idea of, 'Now, I'm eating dinner, and I want everyone to know that I'm having dinner at this time.'"

METRO

▶ Scarlett Johansson

New lady for Bradley Cooper?

Bradley Cooper reportedly spent a romantic day in Paris with French actress Melanie Laurent, prompting rumours that the two are dating, according to Us Weekly.

Cooper, who is fluent in French, and Laurent lunched on the Boulevard St. Germain before heading to the theatre for a matinee. The pair then headed back to Cooper's hotel for a private dinner.

METRO

▶ Bradley Cooper

One festive fashionista

Iconic Canadian designer Marie Saint Pierre dishes on the dos and dont's of holiday dressing

HEATHER BUCHAN
LIFE@METRONEWS.CA

▶ Marie Saint Pierre for Reitmans collection. From left: V-neck dress with gold lace; V-neck knit and taffeta dress with sash; $85 each.

Celebrated Montreal-based designer Marie Saint Pierre has teamed up with Reitmans on a capsule collection of 10 dresses for the holidays.

Featuring the signature touches — asymmetrical hemlines, a playful combination of fabrics and architectural details — that have made Saint Pierre a hit internationally, each dress offers the versatility of day-to-evening wear at an accessible price.

"We wanted to offer essential dresses for this collection," explains Saint Pierre. "We wanted to give them timeless pieces that would go beyond Christmas and you could wear throughout the year," she adds of the offerings, all of which are variations of the little black dress.

When it comes to holiday dresses, Saint Pierre says if you opt for classic and elegant black, which is universally flattering on any shape, you can add a splash of colour with some accessories.

"Black is versatile and at the same time it is glamorous. It's such a functional colour for most people; it's like a blank canvas. If you are going to buy one dress, buy a black dress that you can wear for many occasions and for many years."

Top tip

Sleeveless dresses and tops should show off your arms, not your bra. If your bra straps show, the cut of the dress is wrong for you or the top is too big at your shoulders.

However, Saint Pierre did include that ultimate holiday colour — red — in the bustier of her bubble skirt dress as well as a lovely deep blue in the skirt of a taffeta number.

Saint Pierre believes that the movement and drape of a dress are key elements to look for when choosing what to wear to your holiday parties. "Having movement in a dress is important. That's when you create a buzz," says Saint Pierre, adding that holiday parties are the time to go all out and really shine.

"When you overdress, you create the party," she says. "I think the holidays are a time to dress up rather than dress down. So add on accessories."

It's all about choosing a figure-flattering dress that accentuates the right areas, as well as concealing the right areas.

"High-low hems (higher in the front, lower in the back) for instance gives a nice flow and silhouette as do A-line skirts," she explains.

Some people hesitate to wear strapless or sleeveless dresses to office holiday parties, deeming it inappropriate. Saint Pierre, however, poo-poos that notion. "It is the time when you can bare your shoulders. If not at a holiday party, then when?"

Creatively moving from day to night

"You can wear a cardigan over the dress during the day with flat shoes, then add the necklace, a pair of heels and remove the cardigan for the evening cocktail party," says Saint Pierre.

Holiday bling

How to accessorize your outfit

- "We worked a lot with chains. I think you can mix the chain with the fur, you can mix the chain with a nice cashmere scarf or a fur bag, or an amazing ring," says Saint Pierre.
- "I would not put too many accessories together though. Go with one big statement accessory."
- The designer also points to carrying a colourful clutch for a pop of colour with a black dress or adorning the wrist with a big cuff. "For an event, you can have a really great presence with a hat," she adds.

3 life

Beauty pick

Scents in the city

Le Labo Frangrances has launched a series of scents reflecting the essence of all the travel classics such as Paris, Tokyo and New York.

MWN

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For the latest in style news, visit metronews.ca/style or scan this code

Bling on the season

The holiday party season is approaching, which means plenty of opportunities to wear shiny things But how about during the day? We road test ways to make sequins and glitter work during both

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Sparkle is one of those universally-appealing, fashion perennials that never really goes out of style. Just about every girl loves to have at least a small amount of it in her wardrobe.

And it just so happens that this season is chock-full of glitter, sequins, paillettes and all manner of shiny things. In fashion speak: shimmer is having a moment.

It's an obvious choice for the holiday season. But the real test is pulling shimmer off during the day. Remember, fashion is now a world that thrives on contrasts — dramatic, evening looks for day; sheer, summery pieces in winter — are you getting the idea?

That said, anything featuring glitter, sequins, paillettes or any other shiny substance can be tricky. Style it incorrectly and you could easily find yourself looking like a long-lost member of Destiny's Child, Vegas call girl, Eurovision contestant — or a hybrid of all three. Bottom line, sparkle can either look really fun and fashionable, or cheap as hell.

Let's start with the glittery moment for day. If I had worn this gilded J.Crew dress (pictured above) to the office on its own,

I would have felt overdressed and out of place. But the opaque tights, denim shirt and army jacket bring the shine's drama back down to 9-to-5 land. The key is to layer strategically with pieces that prevent you from looking like you've tried too hard.

Wearing it

Nighttime, of course, is another matter. And glamour has never been more au courant. So I doubled up on the shimmer by pairing Zara's body-skimming sequin pencil skirt with Miu Miu's badass glittery booties.

Last, a cashmere V-neck sweater adds a dose of unaffected respectability that keeps me from looking like I'm headed to work on the nearest street corner instead of the theatre.

I haven't looked this good – in ages

THE KIT

It's easy to look and feel your best no matter what your age.

40s

YOUTH BREW
Peptides are anti-aging agents for all skin types, including sensitive. Snoxin by Indeed Labs taps a blend of popular peptides, such as Matrixyl and SYN-AKE, to firm and smooth skin. $39; indeedlabs.com

NATURE NURTURE
Natural-beauty options continue to impress. Formulated with calming cotton, rice and aloe extracts, Burt's Bees Sensitive Daily Moisturizer is fragrance free, hypo-allergenic and derm-tested. $25; burtsbees.ca

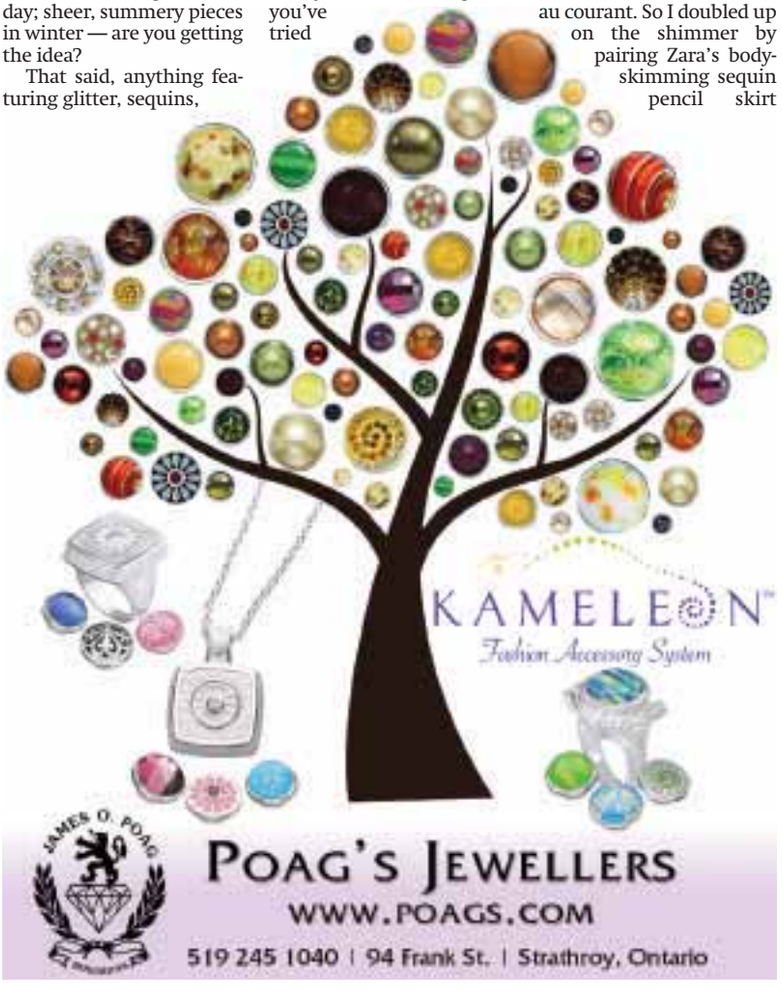
CHEEK CHARM
Another route to the season's sweet flush: Lancôme Paris Maison Lancôme Blush, which pays tribute to the brand's Parisian address since 1935, 29 Faubourg Saint Honoré. $48; lancome.ca

FULL FORCE
Prevent premature hair thinning with Redken Intra Force Hair Advance intensive treatment for noticeably thinning hair. $45; redken.com

50s

BALMS AWAY
A cleansing balm is lovely for all skin types, especially dry. Rodial Glamtox Cleanser, with almond, jojoba, waterlilly and wheatgerm oils, liquifies with water and leaves skin clean and soft. $75; rodial.co.uk

BASE HIT
Foundation primer smoothes skin's surface and holds makeup fast; Smashbox Photo Finish Foundation Primer also adds moisture and keeps it in place. $50; smashboxcanada.com **SUBSCRIBE FOR FREE TO THEKIT.CA AND DISCOVER THE DIGITAL WORLD OF BEAUTY.**



Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
Freaky to see my personal art collection displayed @AGOToronto storefront gallery on University Ave

- **@MeashaBG :** "@Jeanne_Beker: ...my personal art collection exhibit which opens @AGOToronto as part of their Collector's Series." I CAN'T WAIT2C THAT!
- **@Jeanne_Beker:** Hope to see you there! Miss you!!!! xoxo!

- **@Jeanne_Beker:** With @ShaunDowneyArt who created this introspective portrait of moi! @AGOToronto show, on til 16th.
- **@Rinowa_Toronto:** Love the portrait and the green dress! Fresh colour for a gloomy day ;)
- **@ZarGanmylife:** beautiful! Such a master piece:-)
- **@catobie:** Beautiful! Even on this pic you can see a wonderful use of light to show 'you'.#warmandsoft

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV. JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

Let your holiday table sparkle

How to keep your silver, crystal and china clean and shining

DESIGN CENTRE

KARL LOHNES
HOME@
METRONEWS.CA

This week I take a practical approach to decorating with cleanliness and shine; making sure that all your treasured tabletop and bar items look their very best after a long year of storage in the china cabinet.

With a bit of technology and a few old-fashioned tips, you can release your inner butler and create tabletops that sparkle, shine and gleam!

ISTOCK

▶ Give your table's bling a little love.

Cleaning:
For the little time that it takes to polish up your glass and metals, you'll sit at the table with pride as your guests compliment how great everything looks.

I like to set the table completely, then go around and polish everything one final time. I suggest sitting in each guest's chair to do the polishing at each setting — you'll be surprised at what you see from each guest's perspective.

Here's an old-time method to remove time-worn tarnish from your silver treasures: Line a plastic basin with aluminum foil, shiny side up.

Place the tarnished flatware inside. Make sure all pieces are contacting the foil. Sprinkle in a 1/4 cup of baking soda and pour in 16 cups of boiling water. Stir and let the silver soak for 10 to 15 minutes. Remove the silver. Rinse, and buff with a clean, soft cloth.

Wear cotton gloves when setting the table; it's the simplest way to guarantee no fingerprints are left on dishes, cutlery and crystal.

Silver items that are stored out of sight can also be kept in Ziploc bags to stop tarnishing.

Wrapping silverware in dark blue tissue paper will also keep it from tarnishing (so says my grandmother).

Protecting:
There is nothing worse than going to set a table and discovering that one of the stacked dinner plates is cracked.

You no longer have a full set to use and you are without the proper amount of required table settings.

The best way to keep your dishes, silver, crystal and flatware protected is to care for them properly.

Felt pads layered between dishes is a smart way to protect from scratches and breakage. Felt Dinnerware Protector, $12/set; crateandbarrel.com

Do not stack more than eight china plates or bowls on top of another to avoid too much pressure on bottom plates.

Some home goods stores sell storage bags specifically designed to store china. These are typically cloth or plastic bags, felt-lined and closed with zippers.

Sheets of felt can be purchased at fabric and craft stores, and placed between fine dishes to keep them protected.

Consider purchasing sturdy, see-through stackable plastic tote containers with handles on either side so everything can be stored and seen without labelling.

Do not add scented sachets or smells in storage boxes or cabinets as crystal and glassware can actually absorb the smells.

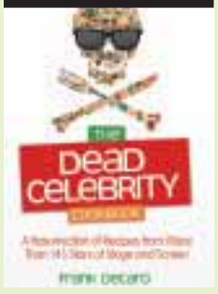
When purchasing crystal, flatware or china buy an extra to allot for breakage, loss, wear and tear.

Easy does it

When you stack, it is best to place a paper doily, or a rubber jar ring, between each plate to avoid scratching.

- **Lift:** If you do stack your china plates, lift them off when ready to use instead of sliding them out.
- **Line them up:** Do not stack fine china cups and do not hang cups from hooks or pegs. Place them on a shelf one by one in a row.
- **Pocket tricks:** If using foam pockets, place only one plate in each pocket.
- **Glass care:** If storing glasses in a box, stand them on end and place cut-up cardboard between wrapped glasses.
- **Normal temperatures:** Do not place china in a box in a cold basement or hot attic. Extreme temperatures can crack or craze fine china.

Weekly Cookbook



In his book The Dead Celebrity Cookbook: A Resurrection of Recipes by 150 Stars of Stage and Screen, Frank DeCaro puts long-gone stars in the spotlight once again.

Famous celeb's recipes were rescued for the book, including Elizabeth Taylor's Chicken with Avocado and Mushrooms, Frank Sinatra's Barbecued Lamb, Johnny Cash's Old Iron Pot Family-Style Chili and Katharine Hepburn's Brownies, among others.

Memories of warmer times

Chili Dogs, normally considered a summer treat, are remade for winter

MATTHEW MEAD/ THE ASSOCIATED PRESS

The recipe serves four.

Hot dogs tossed in a toasted bun and slathered with chili and shredded cheese tend to scream summer.

But because those flavours go so nicely together, they begged to be converted into a recipe that is better suited for fending off the chill of a winter night.

In converting the recipe, there was no reason to mess around too much with the hot dog or chili topping. Why ruin a good thing? Instead, the focus is on the starch. Roasted potatoes were the right flavour, but wrong texture. Mashed, however, were just right. The resulting recipe oozes comfort and warmth.

Ingredients:

- 1 kg (2 pounds) Yukon gold potatoes, peeled and quartered
- 60 ml (4 tbsp or 1/2 stick) butter
- 125 ml (1/2 cup) milk
- Salt and black pepper
- 430 ml (15-ounce) can vegetarian baked beans
- 22 ml (1 1/2 tbsp) tomato paste
- 10 ml (2 tsp) cumin
- 7 ml (1 1/2 tsp) paprika
- 5 ml (1 tsp) chili powder
- 1 ml (1/4 tsp) cayenne pepper
- 4 hot dogs
- 125 ml (1/2 cup) shredded cheddar cheese
- Sour cream, to serve
- Chopped pickled jalapeno slices and red onion

Winter Chili Dogs Preparation:

1. Place potatoes in pot and add enough water to cover. Bring to boil and cook 15 to 20 minutes, or until potatoes are tender. Drain and return to pot. Add butter and milk, then mash until chunky smooth. Season with salt, pepper; set aside.
2. In saucepan over medium heat combine baked beans, tomato paste, cumin, smoked paprika, chili powder and cayenne. Simmer, cover and set aside.
3. Heat grill pan to medium-high. Add hot dogs and cook until heated through and browned on all sides, about 6 to 7 minutes.
4. To serve, divide mashed potatoes between 4 serving plates. Top each with a hot dog, then ladle beans and top with cheese, sour cream, jalapeños, red onion.

THE ASSOCIATED PRESS

Fight off cold with slow-cooked roast

This comforting & hearty Beef Pot Roast is a must when the weather gets chilly Serve it with potatoes

Comforting and tasty, this beef pot roast can easily be served up for dinner.

The hearty meal also offers leftovers for another day. Serve it with mashed potatoes and buttered savoury cabbage.

Beef Pot Roast Preparation:

1. In slow cooker stoneware, place beef brisket and arrange vegetables. Mix wine and tomato paste, pour over brisket; add bay leaf and cook on Low for 5 to 6 hours or until meat is tender and vegetables are cooked through.
2. Meat juices will make delicious gravy. If thicker gravy is preferred, mix a little cold water with cornstarch and a few spoonfuls of meat juice in a small pan, add remaining liquid and bring to a boil to thicken. Season with salt and pepper to taste.

CROCKPOT.CA/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients:

- 750 g (1 1/2 lb) beef brisket roast
- 2 onions, quartered
- 2 carrots, cut in half lengthwise, then into 5-cm (2-inch) chunks
- Half a small rutabaga, peeled and cut into chunks
- 250 ml (1 cup) dry red wine or beef stock
- 15 ml (1 tbsp) tomato paste
- 1 bay leaf
- Salt and pepper, to taste

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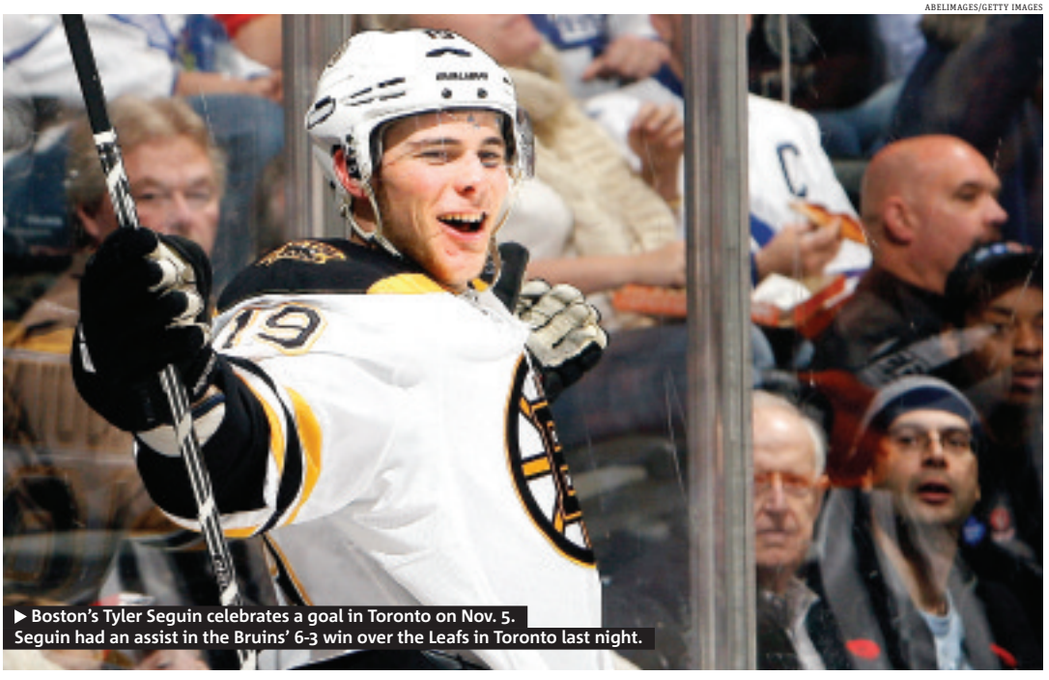
‘Sky’s the limit’ for Seguin

Bruins’ teammate Kelly says 19-year-old 2nd overall pick is showing ‘superstar’ potential

ABELIMAGES/GETTY IMAGES



▶ Boston’s Tyler Seguin celebrates a goal in Toronto on Nov. 5. Seguin had an assist in the Bruins’ 6-3 win over the Leafs in Toronto last night.

The door opens for the dressing room of the NHL’s hottest team and all of the cameras immediately gravitate to one player: Tyler Seguin.

It’s just another morning availability in a road arena for the Boston Bruins forward, who appears to be on the verge of becoming the league’s next big thing. Not only is Seguin piling up the points — he needed just 20 games to surpass his rookie total of a year ago — but he’s started to draw a big crowd wherever he goes.

In fact, teammate Chris Kelly dropped the word “superstar” when answering a question about Seguin yesterday morning at Air Canada Centre in Toronto. Wait ... superstar?

“Yeah, I think so,” said Kelly. “He’s 19 years old. Most 19-year-old guys are playing junior hockey getting $50 a week. They’re not being a consistent point producer in the NHL on a good hockey team (who) won a Stanley Cup.

“The sky’s the limit for him. I think it’s in his hands how far he wants to go.”

For his part, Seguin makes no secret of where he expects to end up. He carries the confidence of a big-time scorer — he had 106 points for Plymouth in his last year of junior — and has been among the NHL leaders all season. He plans to remain there for years to come.

“I look at it as somewhere I want to be for sure,” said Seguin.

Adding to the teenager’s star appeal is a flair for the dramatic that all special players seem to enjoy. Recall Seguin’s two-goal, four-point performance in Game 1 of the Eastern Conference final against Tampa Bay last spring after he’d been a healthy scratch through the first two rounds. Or even that he registered his first career NHL hat trick on Hockey Night in Canada during Boston’s visit to Toronto on Nov. 5.

Seguin is also bound to be followed closely because of the manner in which he entered the NHL. A debate raged for months about whether he or Taylor Hall should be selected No. 1 in the 2010 draft — and the fact he ended up going second overall with a pick Boston acquired from the Maple Leafs for Phil Kessel only added to the interest.

24

Tyler Seguin has 12 goals and 12 assists for 24 points in 23 games so far this season. Last year he had 11 goals and 11 assists in 74 games.

Yesterday morning, he expressed relief after getting through a media scrum in Toronto without being asked about Kessel.

“That is definitely a record,” said Seguin. “I cannot believe it. That’s why I want to get out right now.”

Just as important as his 24 points is the league-leading plus-19 rating he’d earned through 23 games. Kelly says the Bruins have seen a more consistent effort from Seguin at both ends of the ice this season.

Another change has started to come from opponents.

“I think right now being the leading scorer on our team, there’s no doubt other teams are going to pay more attention to him,” said coach Claude Julien.

“I have confidence in his personality and his demeanour and all that stuff that he can overcome that.”

If he does, the attention he receives will only grow. **THE CANADIAN PRESS**

NBA returns its focus to basketball

These are the kinds of negotiations NBA fans have been waiting for.

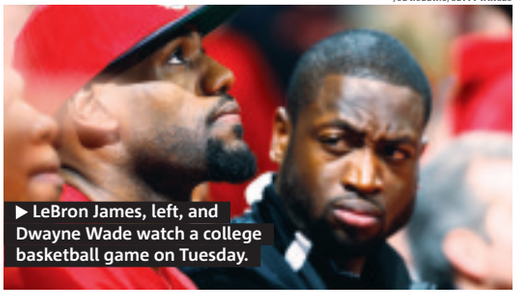
Teams began talking to agents yesterday as the lockout inched closer to its end, and basketball moved back into focus. Dwight Howard and Chris Paul were linked to trade speculation, while free agents such as Tyson Chandler and Nene were in the news after months of attorneys getting all the ink.

Now, the players are taking over and the league is set to reopen its facilities for workouts today.

Some may arrive out of shape, just as was the case in January 1999 after the NBA’s only other shortened season. But they’re anxious to get back, with a little more than three weeks until they start playing games.

“The guys are going to come in and I’m sure they’re going to be in good shape,” new Houston coach Kevin McHale told reporters.

JOE ROBBINS/GETTY IMAGES



▶ LeBron James, left, and Dwayne Wade watch a college basketball game on Tuesday.

“These guys have played basketball their entire lives. They love to play basketball and they’re excited to get after it.”

The league still hopes to open training camps and free agency next Friday.

The lawsuits have been settled, contingent upon the ratification of a new collective bargaining agreement by Dec. 9. Players are in the process of collecting the signatures needed to approve the reformation of the union, which must be done before the sides can resume bargaining on the remaining issues that must be settled before each side can vote. **THE ASSOCIATED PRESS**

4 sports

Quoted

“He’s going to be a players’ manager, but he’s going to command respect.”

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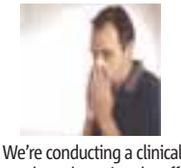

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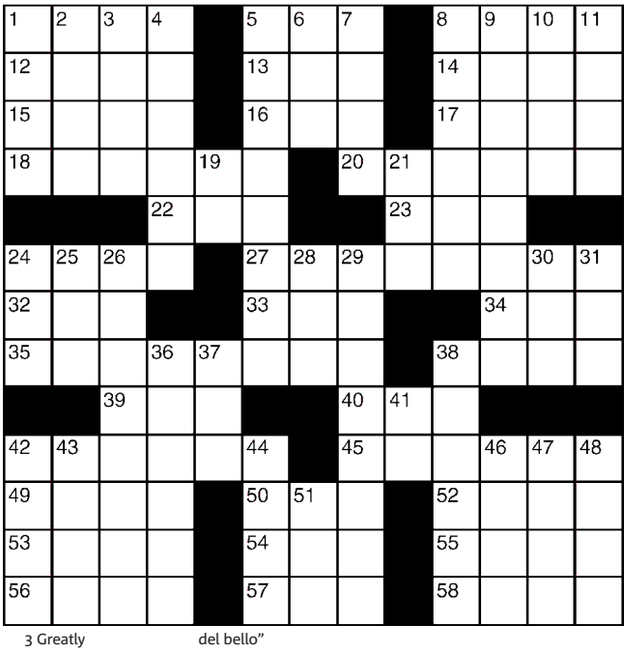

Across
1 Practice boxing
5 Has permission
8 Suspend
12 Mah-jongg piece
13 Yoko of music
14 By word of mouth
15 Surmounting
16 Kvetch
17 Shrek is one
18 Fancy French cake
20 Offer as an example
22 $ dispenser
23 Comic DeLuise
24 Light bulb measure
27 Lengthwise and contiguous
32 Hearty quaff
33 "The Matrix" role
34 "There's — in team"
35 Huge
38 Norms (Abbr.)
39 GIs' entertainers
40 Work with
42 "The — of the Shrew"
45 Finicky cat in TV ads
49 Eye layer
50 Gorilla
52 Facility
53 German city
54 PC linking system
55 Cleo's river
56 Picnic invaders
57 "Guinness Book" suffix
58 Paradise

Down
1 Unescorted
2 Pocket bread
3 Greatly
4 Echo
5 Memorial building
6 Literary collection
7 Quiet exercise
8 Jinx
9 Fight
10 DEA worker
11 Jane Lynch's show
19 What @ means
21 Banned pesticide
24 Humorist
25 — Baba
26 Enveloping membrane
28 Verdi's "— giardin del bello"
29 Paper
30 Affirmative action?
31 Insult (Sl.)
36 Easterners
37 "Smoking or —?"
38 Tranquil
41 Therefore
42 Big brass
43 Shakespeare's river
44 Strong wind
46 Incursion
47 Wight or Man
48 Witnessed
51 — de deux

▶ Yesterday's answer

I	M	A	M			S	O	L		G	E	A	R	
K	A	L	E			A	D	O		E	X	P	O	
E	X	P	L	O	D	E	D		O	P	E	D		
A	I	S	L	E				E	N	D	U	R	E	
				O	R	A	L		E	E	N			
B	R	E	W			F	L	E	W		G	A	Y	
R	E	X			C	R	A	W	S		E	N	E	
A	M	P			H	O	M	E			A	D	D	S
			E	R	A			A	S	P	S			
M	I	L	O	R	D				S	H	A	R	I	
O	S	L	O			E	X	P	I	A	T	E	D	
S	L	E	D			M	I	D		M	O	D	E	
T	E	D	S			O	V	A		E	P	O	S	

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

		6					1	
7	4						3	2
		5	7			9	8	
5				8	2		6	
				7				
	8		5	4				3
	9	3			1	4		
8	5						9	6
	2					3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	7	4	3	9	2	5	8	6
6	3	9	4	8	5	1	7	2
8	2	5	6	7	1	3	4	9
7	1	3	2	4	8	6	9	5
5	4	6	9	1	7	2	3	8
9	8	2	5	6	3	4	1	7
3	9	1	7	5	6	8	2	4
2	5	7	8	3	4	9	6	1
4	6	8	1	2	9	7	5	3

Send a KISS

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Maxinum Newf, I am missing you so much these days, you seem to be so distant from me lately and I am confused as to why. I want to get back to US and how we were before all the stress. I love you with all my heart and hoping we can work thru all this. **NEWFS SWEETIE FOREVER.**

BABY ELLE. Sweet little piglet, every time I see your face it's like fireworks! I know your knees get weak when you see me, like that time you fell on my lawn! LOL Your the sweetest and your so adorable when your quiet and shy! Don't worry, we'll be together again soon... 4ever, **LBM**

This message is for all the lovers, life is short. STOP wondering and WASTING time. if your Love means that much to you, Show them. love peace and happiness **SOME1WHOUNDERSTANDS**

Today's horoscope

♈ Aries March 21-April 20 The only way you are going to realize your dream is to go your own way and do your own thing.

♉ Taurus April 21-May 21 If others try tell you that you will achieve more in the long-term by backing off, don't listen to them.

♊ Gemini May 22-June 21 Keep a sense of perspective today, especially when large sums of money could be up for grabs.

♋ Cancer June 22-July 22 Others will be very demanding over the next 24 hours. If you know what's good for you, do as they say.

♌ Leo July 23-Aug.23 If you are unhappy with certain aspects of your life, especially work, now is the time to do something about it.

♍ Virgo Aug. 24- Sept. 22 You may have to postpone something you have been looking forward to, but you have promises to keep.

♎ Libra Sept. 23-Oct. 23 If you have been taking too much for granted on the home front, today will bring you back to earth.

♏ Scorpio Oct. 24-Nov. 22 Today, you will discover someone has deceived you. The signs were there from the beginning.

♐ Sagittarius Nov. 23-Dec. 21 Something that has been nagging at your mind for ages will suddenly make perfect sense.

♑ Capricorn Dec. 22-Jan. 20 You may need to talk tough with someone today. Let your charm smooth off the rough edges.

♒ Aquarius Jan. 21-Feb. 18 You've worked hard and are wondering when you will see a reward. Don't be so impatient. It'll come.

♓ Pisces Feb. 19-March 20. You will be proved right today. Don't make the person who was wrong feel small. **SALLY BROMPTON**

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

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KOJI SASAHARA/ THE ASSOCIATED PRESS

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